

## AT IRONING BOARD

EASY WAY BY WHICH TO SAVE MUCH DISCOMFORT.

No Need for the Physical Pain and Loss of Temper That Too Often Are Accompaniments of Ironing Day.

"I'm going to turn savage," said a flushed young woman as she took a snowy pile of lingerie blouses and tailored shirt-waists from the horse.

"My back is broken and my temper ruined all because the fashions decree wrinkleless and spotless waists and I'm too poor to have them 'done out.' I could cry from fatigue and my back never limbers up for two days after a bout at ironing."

"What's the matter with the board?" said her friend. "Take off that incredulous stare! If it is not the board that afflicts your back, I'll do your next week's ironing for you."

"I had just the same trouble until I discovered that the board was too low. I had wooden horses exactly the height to be comfortable built to rest it on and now can iron all day and be scarcely tired."

"Most women rest their ironing board on the back of a chair and a table several inches higher and then crack their backs to reach the clothes."

"Before you order your horses made stand erect with the iron in your hand as if ready for work and have them made at that exact height. If you must stoop even a little your back and shoulders feel it, while if the board is too high you lose force and strain your arm."

### Mint in Iced Tea.

If a housewife has not tried serving sprigs of mint in glasses of iced tea for luncheon or supper, she wants to experiment with it at once.

It gives a refreshing flavor to the drink. The stems and lower leaves are crushed between the fingers and then dipped into the glass after the crushed ice has been put in.

A glass should be filled with this crushed ice, which is a far better method than breaking off lumps of ice and letting them swim around in the tea. After the glass is filled, two slices of lemon are slightly crushed on top of the ice and then boiling hot tea is poured over.

The method that some housewives use of making the tea in the morning, pouring it into a pitcher and putting it into the refrigerator for the day is now discarded by those who do not want the unhealthy effects that come from tea that has been standing over a half hour.

### Mint Sherbet.

This delicious ice with its refreshing flavor and fragrance is made by soaking two tablespoonfuls of finely cut mint leaves and the grated rind of two lemons for half an hour. While this is in progress, boil together for five minutes, without stirring, two cupfuls of sugar, and one large cupful of water, and pour at once upon the other ingredients. When cold strain into the freezer through a square of cheese cloth without pressure, and freeze in the usual manner, adding when half frozen the stiffly beaten white of one egg and a small cupful of whipped cream. Serve in slender sherbet glasses garnished with crystallized mint leaves and a tiny bouquet of fresh mint.

### Ginger Apples.

Equal quantities of firm tart apples and brown sugar. Pare, core and cut into small pieces (about like dice) the apples. Make a sirup of the brown sugar, skim carefully, add the grated peel and juice of two lemons and a few pieces of thinly sliced preserved dry ginger (or the ginger may be chopped, not too finely). Add apples to the sirup and boil till the apples are clear and well cooked. Put into glass jars. Very delicious eaten with meats.

## FIVE MONTHS IN HOSPITAL.

Discharged Because Doctors Could Not Cure.

Levi P. Brockway, S. Second Ave., Anoka, Minn., says: "After lying for five months in a hospital I was discharged as incurable, and given only six months to live. My heart was affected, I had smothering spells and sometimes fell unconscious. I got so I couldn't use my arms, my eyesight was impaired and the kidney secretions were badly disordered. I was completely worn out and discouraged when I began using Doan's Kidney Pills, but they went right to the cause of the trouble and did their work well. I have been feeling well ever since."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

### Hopeless.

"Mr. and Mrs. Splasher seem to get on very badly."

"Yes," answered Miss Cayenne. "It's one of those hopeless cases where a man thinks he knows all about horse races and a woman thinks she knows all about bridge."

### SHE COULD NOT WALK

For Months—Burning Humor on Ankles—Ointment Alone Brought Sleep—Eczema Yielded to Cuticura.

"I had eczema for over two years. I had two physicians, but they only gave me relief for a short time and I cannot enumerate the ointments and lotions I used to no purpose. My ankles were one mass of sores. The itching and burning were so intense that I could not sleep. I could not walk for nearly four months. One day my husband said I had better try the Cuticura Remedies. After using them three times I had the best night's rest in months unless I took an ointment. I used one set of Cuticura Soap, Ointment, and Pills, and my ankles healed in a short time. It is now a year since I used Cuticura, and there has been no return of the eczema. Mrs. David Brown, Locke, Ark., May 18 and July 13, 1907."

When any calamity has been suffered the first thing to be remembered is how much has been escaped.

### Important to Mothers.

Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it

Bears the Signature of *W. C. Little* In Use For Over 30 Years. The Kind You Have Always Bought.

A little learning and a little widow are dangerous things.

FITS, St. Vitus' Dance and Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE TRIAL bottle and treatise. Dr. R. M. Kline, Ltd., 501 Arch Street, Philadelphia, Pa.

It is one thing to see your road; another to cut it.—George Elliot.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

The most important of all is the education of the will.—F. W. Farrar.

W. N. U., DENVER, NO. 33, 1908.

## The General Demand

of the Well-Informed of the World has always been for a simple, pleasant and efficient liquid laxative remedy of known value; a laxative which physicians could sanction for family use because its component parts are known to them to be wholesome and truly beneficial in effect, acceptable to the system and gentle, yet prompt, in action.

In supplying that demand with its excellent combination of Syrup of Figs and Elixir of Senna, the California Fig Syrup Co. proceeds along ethical lines and relies on the merits of the laxative for its remarkable success.

That is one of many reasons why Syrup of Figs and Elixir of Senna is given the preference by the Well-Informed. To get its beneficial effects always buy the genuine—manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists. Price fifty cents per bottle.

How we enjoy meeting a man who has no tale of woe to tell!

Your Druggist Will Tell You That Murine Eye Remedy Cures Eyes, Makes Weak Eyes Strong. Doesn't Smart. Soothes Eye Pain and Nells for 50c.

Back pay is usually slow about coming to the front.

It Cures While You Walk. Allen's Foot-Powder for corns and bunions, hot, sweaty, callous-aching feet. 25c all druggists.

Nothing can atone for want of truth.—Ruskin.



## Paxtine TOILET ANTISEPTIC

Keeps the breath, teeth, mouth and body antiseptically clean and free from unhealthy germ-life and disagreeable odors, which water, soap and tooth preparations alone cannot do. A germicidal, disinfecting and deodorizing toilet requisite of exceptional excellence and economy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet stores, 50 cents, or by mail postpaid.

Large Trial Sample WITH "HEALTH AND BEAUTY" BOOK SENT FREE THE PAXTON TOILET CO., Boston, Mass.



## MAKING ICE CREAM

PROCESS NOT DIFFICULT WITH PROPER CARE.

Having Correct Proportions of Ice and Salt is a Necessity—Freezing Pot and Dasher Must Be Kept Clean.

The Housekeeper repeats good advice in regard to making ice cream. It is not at all difficult to make good ice cream if one is just a little careful to have the ice and salt in correct proportions and properly pounded. Time is not saved by using the ice in too large pieces, as when it is coarsely crushed it takes the cream much longer to freeze. Both the ice and salt should be finely crushed and each layer packed down very firmly. One part of ice to three of salt is the usual allowance, and it is better to measure both to insure proper proportions. Rock salt is the best, although ordinary barrel salt does very well and is more easily obtained in small places.

The freezing pot and dasher should be thoroughly cleansed and sterilized each time after it has been used, and again sterilized just before it is to be used again unless there has been a very short interval between. Put the freezer in position and place a three-inch layer of finely crushed ice in the tub, cover with one of salt, and alternate these layers, packing each down hard, until the freezing mixture is a few inches above the cream in the can.

At first the crank should be turned slowly, then, as the cream hardens, more rapidly. When it becomes difficult to turn remove the beater, and stir the cream thoroughly with a strong porcelain or granite spoon. Press it smoothly down, cover, put a cork in the hole where the beater belongs, remove the lower plug and draw off the water. Pack as before with fresh ice and salt, cover with a piece of blanket or carpet, and set aside for an hour or longer to ripen. Three or four hours will not be too long.

The easiest way to break the ice is to put it in a strong bag and pound it vigorously with a strong hammer or mallet. Ice cream may be made from either a cooked or uncooked mixture. For a delicious uncooked ice cream scald a quart of thin sweet cream and dissolve in it 1½ cupfuls of sugar, add a quart of cold cream, two eggs well beaten and two tablespoonfuls of vanilla. Freeze and pack as directed. This is called Philadelphia ice cream, and is often made without eggs.

### When Scaling Fish.

Put the fish in a deep pan and fill it with water. Then when you are ready to scale the fish hold the fish under water during the process and the scales will not fly in the face and all over the kitchen as they will when the fish is cleaned in the usual way. When the task is finished the scales, which will all have fallen to the bottom of the pan, can be easily turned out into the garbage after the water has been poured off them.

### Grease from Soup.

If soup is to be used the same day it is apt to be greasy unless special care is taken to prevent it. As you have not time to wait until the liquid is cold enough to remove the cake of fat from the top, pour the hot soup through a cloth wrung out of cold water.

The chilled cloth congeals the grease and retains it while the soup passes readily through.

### Plain Frosting (Uncooked).

Break the whites of two eggs into a broad dish, add a small handful of powdered sugar and whip with a wire egg beater. A few minutes later add more sugar and keep beating until you have an icing of the desired thickness. Flavor to taste, spread on your cake and set it in a warm place to dry.

USE THE BEST **FAULTLESS STARCH** FOR LAUNDRY WORK FOR SHIRTS COLLARS CUFFS AND FINE LINEN